



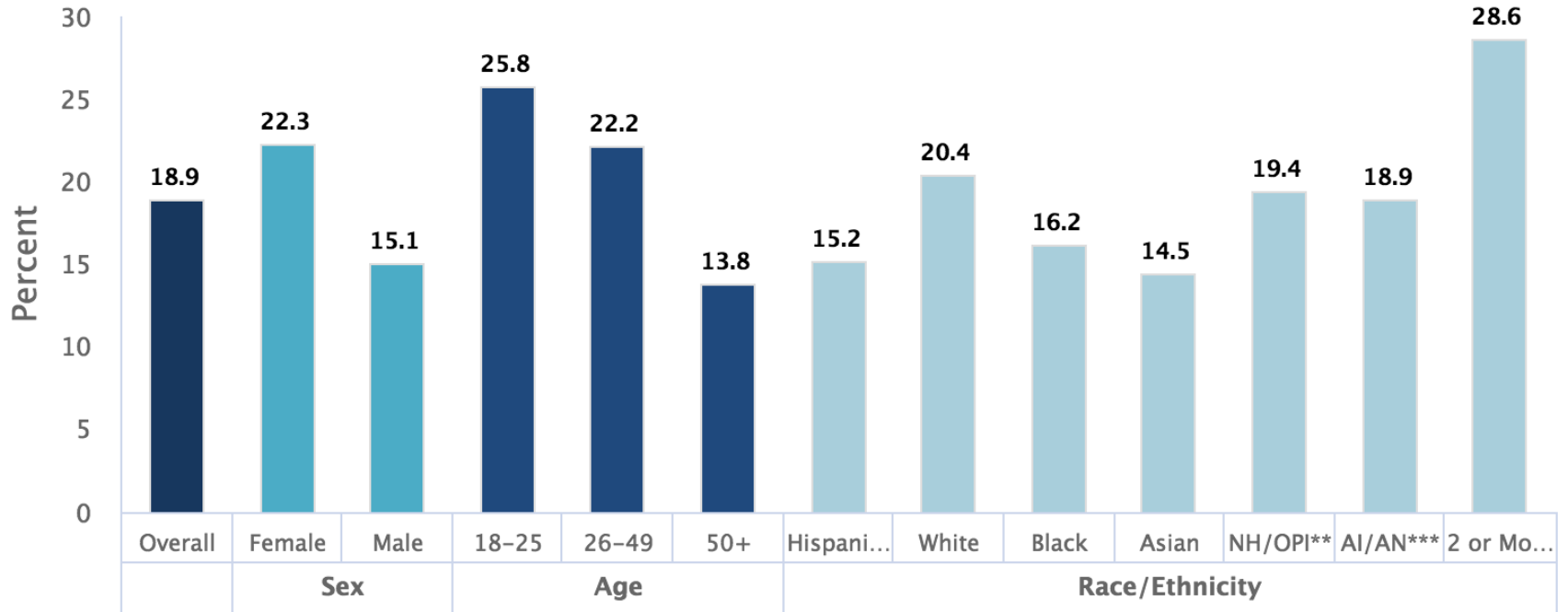
# **Efficacy Of Mental Health First Aid Training For WCU Residence Hall Assistants**



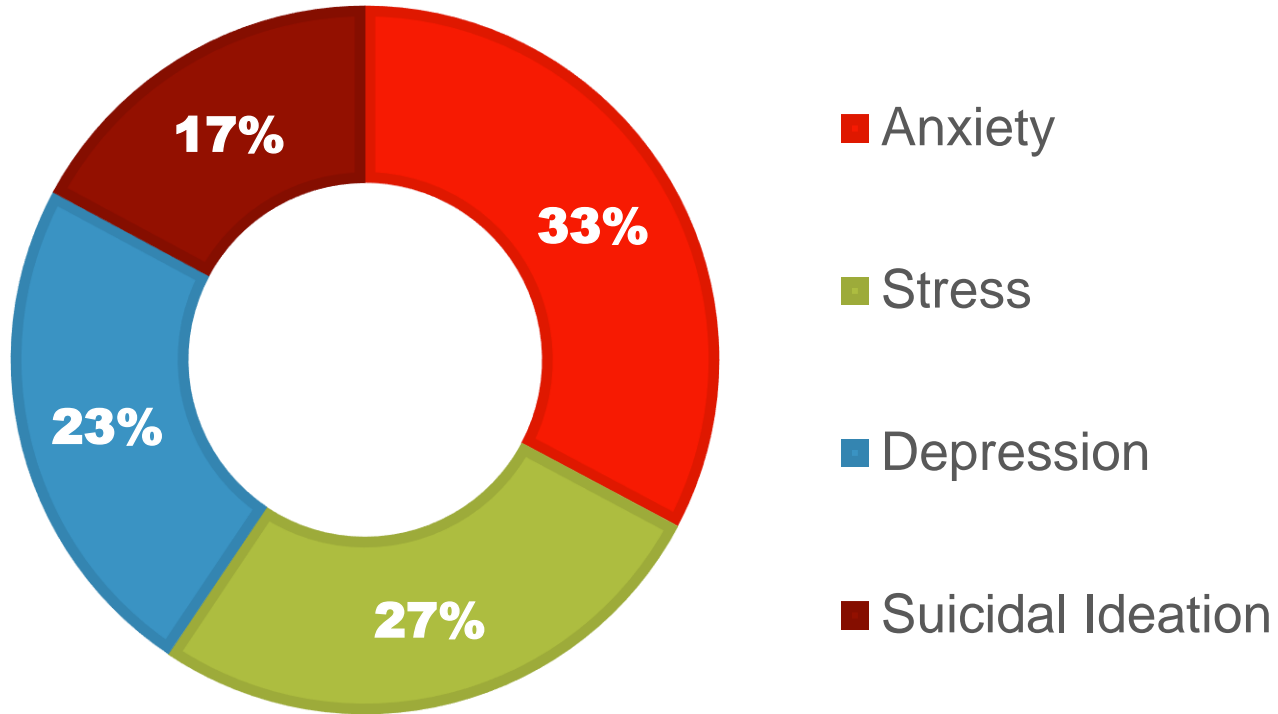
Amanda Blue, MPH

# Past Year Prevalence of Any Mental Illness Among U.S. Adults (2017)

Data Courtesy of SAMHSA



# AUCCCD DIRECTOR SURVEY 2017





Half of all full-time college students binge drink, abuse prescription drugs and/or illegal drugs”, and “almost 1 in 4 of the nation’s college students meet the medical criteria for substance abuse or dependence.



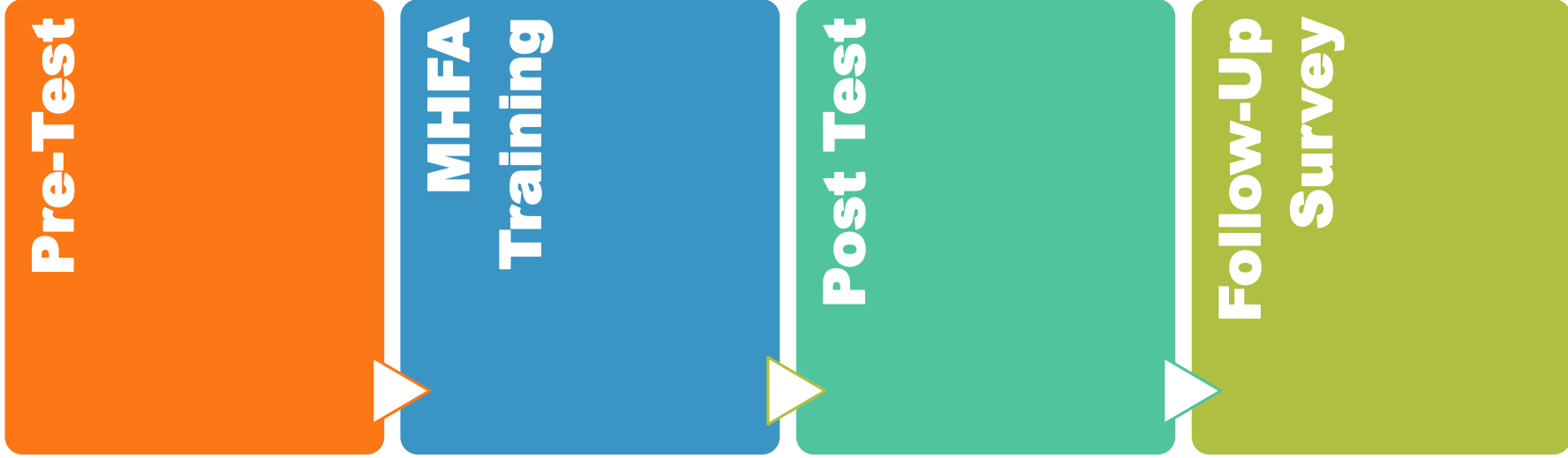
MENTAL  
HEALTH  
FIRST AID®

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

# RA Training Goals

- 1.** Provide the 8-hour MHFA training to each of the incoming RAs
- 2.** Increase knowledge and improve attitudes held by RA staff surrounding mental health
- 3.** Provide the group with useful skills for assisting student residents, thereby increasing their willingness and confidence to do so.

## Data Collection





It is not a good idea to directly ask someone if they are feeling *suicidal* in case you put the idea in their head.

## Significant Results

*n*=68

### Mental Health Knowledge

#### Pre-Test

9.38  
12

#### Post-Test

11.03  
12





I don't feel comfortable getting involved in someone else's problems unless I know them.

## Significant Results

*n=68*

### Mental Health Attitudes Biggest Shift

**Pre-Test**

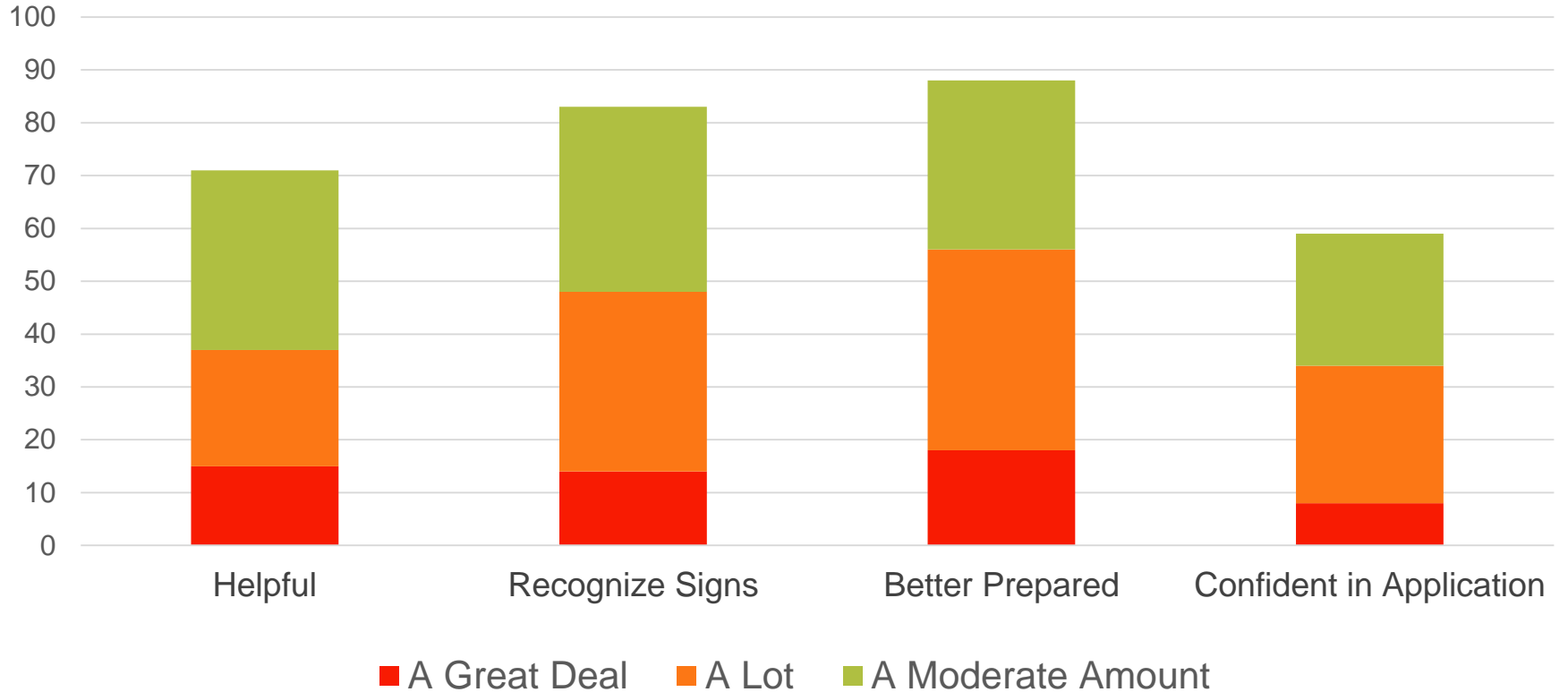
**2.26 M**

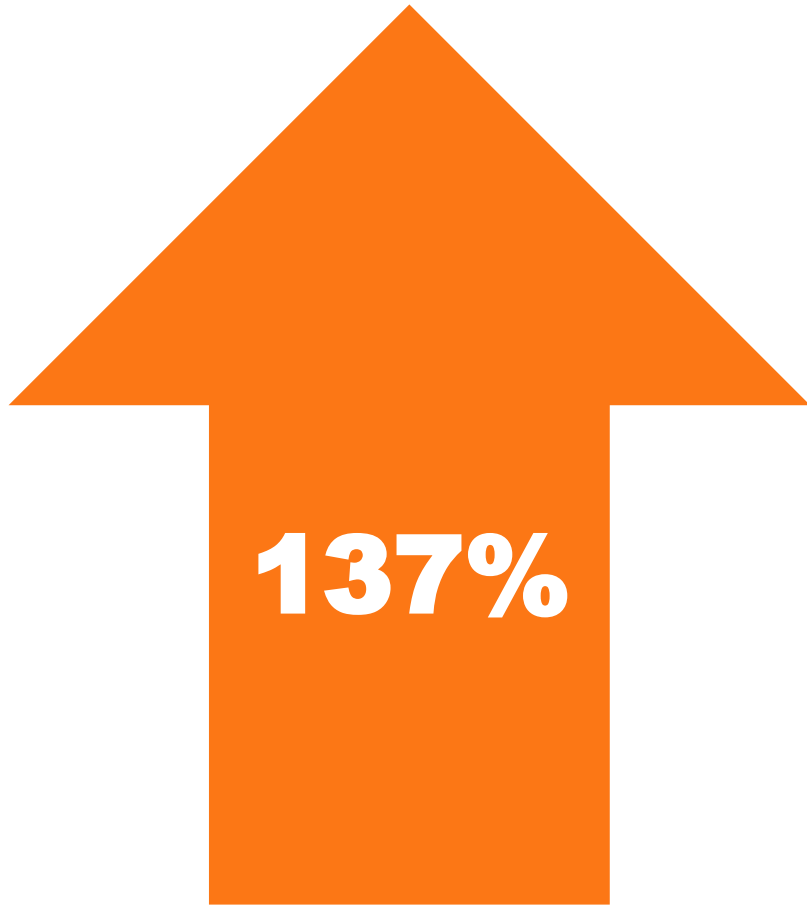
**Post-Test**

**1.23 M**

# Significant Results

*n=79*





## **MOST Significant Results**

A Maxient Analytics Report of all referral sources to the WCU Counseling Center from July 1, 2016 – June 30, 2018 indicated a 137% increase in Residence Life referrals from the 2016-'17 AY to the 2017-'18 AY post MHFA training.